

Robins makes tracks

to Macon for hockey and Military Appreciation night at the Centreplex



U.S. Air Force photos by Ms. Sue Sapp

The Macon Trax skated to a 4-1 victory over the Jacksonville Barracudas in front of 2,542 fans at Military Appreciation night Saturday. The Trax wore special patriotic jerseys in honor of the military. During pregame events a sign was unveiled in honor of members of the 376th Air Expeditionary Wing Expeditionary Medical Group(376AEW/EMDG) deployed to Manas Air Base, Kyrgyzstan. Some of their family members were present for the unveiling. The sign will remain in place throughout the hockey season. For more information about the Macon Trax, including schedule and tickets, visit www.macontrax.com.



Macon Trax coach Tommy Stewart, right, presents 78th Air Base Wing Commander Col. Tom Smoot with a Macon Trax jersey. Mrs. Tammy Smoot accompanied her husband.



An Army honor guard stands at attention while their rappel team drops from above the ceiling scoreboard with flags during the national anthem, performed by Staff Sgt. Frances Wright, of the Band of the Air Force Reserve.



Nicholas Frey, 13, from Robins donned the Robby the Robin mascot costume and hit the ice at the game.

Robins service honors life of slain civil rights leader

By Ms. Lanorris Askew
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Rev. Jesse Truvillion's message to the dozens gathered at the Robins Chapel last week was clear ... Dr. Martin Luther King Jr. lives. Though shot down by an assassin's bullet 36 years ago, his dream, his ideals and his platform continue to thrive. "You can't kill the kind of ideal that comes from God," he said. "Ideals that are divine you can't shoot with a rifle or put in a tomb in Atlanta and forget about. We only lost the body of Martin, the spirit is here." The Texas native and close friend of Dr. King delivered a rousing address to a full house during the Center's commemorative service for the slain civil

rights leader. "Today we are honoring the Rev. Martin Luther King Jr.'s 75th birthday, but it's really about the personhood of each of us being judged by the content of our character and not the color of our skin or our ethnic origin," he said. "Dr. King sacrificed his life as an affirmation of the American ideals of freedom and justice and opportunities for everybody." The San Antonio, Texas, pastor said Dr. King was a man who made nonviolence more powerful than armies, empires or myths - a man who made love a believable principle and peace an urgent mandate. "Dr. King lives," he repeated. Recounting the night he heard the news of Dr. King's death, the Reverend



U.S. Air Force photo by Ms. Sue Sapp

Rev. Jesse Truvillion, guest speaker at the Base Chapel commemorative service Jan. 16, speaks on the topic 'Dr. King lives.'

described it as devastating. "It was a sad night, but it was a triumphant night," he said. "It was triumphant in the sense that the ideals that he taught us were going to live on after him." Rev. Truvillion said being

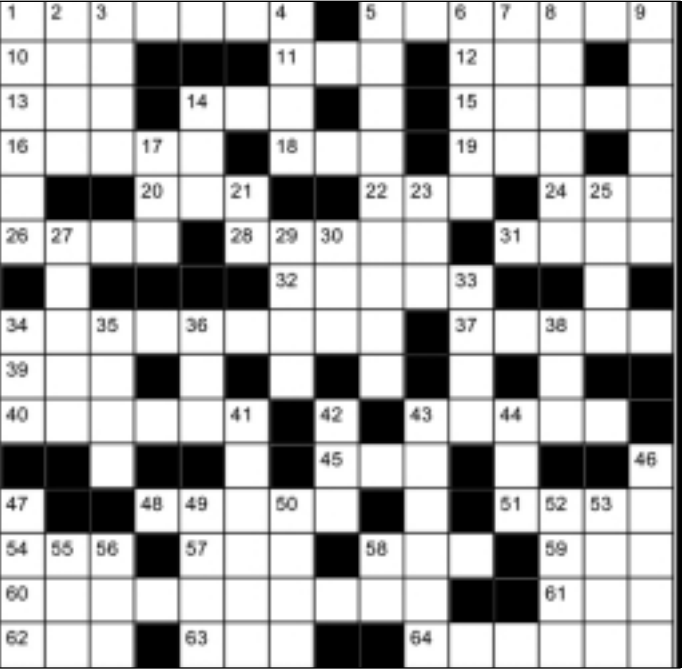
able to look out on the congregation of all races was unimaginable 40 years ago. "I think that Martin would have liked it today and he'd say amen," he said. He told the congregation they can't sit down and wait

for freedom to come in the mail. "You must walk together America until you reach the summit of freedom's habitat," he said. One couple in attendance said they felt blessed to have been able to hear the day's message. "We came out to remember Dr. King," said Mrs. Pearl Reid. "But Rev. Truvillion was such a blessing, and his message was so inspiring too." Though too young to remember anything concrete about Dr. King, Mrs. Reid said she remembers the stories her parents told her about him and the pictures of him she grew up with on her wall. "Our parents made sure that we remembered the struggle we had to go

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through to get where we are today," she said. "We try to teach our children this same lesson and to continue to love no matter what the situation." The central appointments keeper for the 78th Medical Group said she and her husband Chief Master Sgt. Fermon Reid, Air Force Reserve Command supply functional manager, make sure they attend a commemorative service yearly no matter where they are. "This service was wonderful," she said. "It is just another way for us to never forget where we came from."

CROSSWORD PUZZLE



Hometown USAF (Vol. 2)

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

- 1. Maryland AFB home to 113th WG; a/c tail marking of DC
- 5. Alaska AFB home to 354th FW; a/c tail marking of AK
- 10. ____-jay Carson Daly
- 11. Sick
- 12. Aloha gift
- 13. Current space project (abbrev.)
- 14. City in south central Germany
- 15. Place to rest
- 16. From the Orient
- 18. See
- 19. Founding of a compa-ny (abbrev.)
- 20. Never
- 22. Nation wide radio (abbrev.)
- 24. Inventor Whitney
- 26. South Korean AB home to 51st FW; a/c tail marking of OS
- 28. Military trenching tool
- 31. Greek god of love
- 32. Worship
- 34. Colorado AFB home to 50th SW
- 37. Illinois AFB home to 375th AW
- 39. Car repair organization (abbrev.)
- 40. Nebraska AFB home to 55 FW; a/c tail marking of OF
- 43. California AFB home to 9th Recon Wing; a/c tail marking of BB
- 45. Neither's partner
- 48. Slang for 1K
- 51. Statement given during enlistment/commissioning
- 54. Stock offer (abbrev.)
- 57. Lyrical poem
- 58. Military commander's place of responsibility (abbrev.)
- 59. School in Carbondale, Ill. (abbrev.)
- 60. Arkansas AFB home to 314th AW
- 61. Everything
- 62. Lord of the Rings char-

actor

- 63. California Army fort
 - 64. Try (as in eating)
- DOWN
- 1. Italy AB home to 31st FW; a/c tail marking of AV
 - 2. Untouchable Elliot ____
 - 3. Lucy's partner
 - 4. Alike
 - 5. Alaska AFB home to 3rd WG; a/c tail marking of AK
 - 6. Bugs' nemesis
 - 7. DiCaprio and Burmester
 - 8. Tot watcher
 - 9. Nevada AFB home to 57th WG; a/c tail marking of WA
 - 14. Card game
 - 17. Actress ____-Margaret
 - 21. Secret clearance type (abbrev.)
 - 23. Each
 - 25. Pirate's bounty
 - 27. Title for Hon. James Roche (abbrev.)
 - 29. USAF helicopter MH-53J ____ Hawk
 - 30. Summer drink
 - 33. Italian family who gov-erned Ferrara (13-16 cen-tury)
 - 34. Type of military security officer (abbrev.)
 - 35. Hoist
 - 36. Football stat (abbrev.)
 - 38. Car fluid
 - 41. Someone who swaps goods
 - 42. Finish
 - 43. Texas AFB home to 311 HSW
 - 44. Bother
 - 46. Greenland AB home to 821st ABG
 - 47. Arouse
 - 49. Candy brand
 - 50. Geek
 - 52. Military for fast
 - 53. Plow
 - 55. Sewing item
 - 56. Giants great Mel ____
 - 58. Tail marking for aircraft assigned to 177th FW (NJ)

For puzzle solution, see Jan. 30 edition of the Rev-Up

Puzzle solution for Jan. 16



LEAVE/TRANSFER

The following people have been approved as partici-pants in the leave transfer program.

Ms. Alanna Rucker, WR-ALC/MANMS. Point of con-tact is Mr. Nolan Herring at 926-4002.

Mr. Jon K. Bailey, MADWT. Point of contact is Mr. James Gillis at 926-8805.

Employee-relations specialists at 926-5307 or 926-5802 have information and instructions concerning requests to receive or donate annual leave. To have an approved leave recipient printed in the Rev-Up, directorates should send information to Angela Trunzo by e-mail at angela.trunzo@robins.af.mil. Submissions run for two weeks.

Planner

FAMILY SUPPORT CENTER

Family Support Center sponsored classes, workshops, and seminars are open to all Team Robins personnel and their eligible family members. The FSC is located on Ninth Street in Building 794. For additional informa-tion, or to make a reservation, call 926-1256.

Home buyer’s workshop

Ms. Mary Ussery, director of Education for Consumer Credit Counseling Service of Middle Georgia, a non-profit organization funded by the United Way, will conduct a free “Home Buyer’s” workshop Jan 23, 1 - 4 p.m., Building 905, Room 127.

Bundles for babies & infant care

The Air Force Aid Society will con-duct a Bundles For Babies & Infant Care class Thursday, 8 a.m. - noon, Building 827, (old base gym) Health and Wellness Center classroom. This program is open to all Active Duty Air Force members and their spouses, who are expecting a child, regardless of rank or number of chil-dren in the family. Discussions cover early childhood development, attach-ment, infant care, practical preparation

and financial preparation. At the end of the session, a bundle is presented, com-pliments of the Air Force Aid Society.

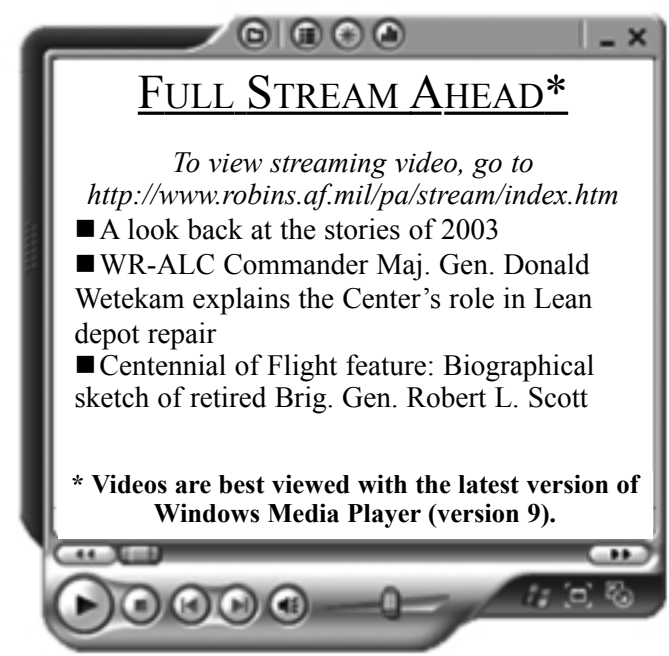
The spouse’s connection

The Center's Relocation Assistance Program offers The Spouse's Connection, Thursday, 9 -11 a.m., in Building 945, FSC Annex. Get together for conversation, laughter, and a bit of fun and refreshments. Come and learn about the fun things there are to do in Middle Georgia and make a new friend in the process.

Financial workshop

The Consumer Credit Counseling Service of Middle Georgia, a non-pro-fit organization funded by the United Way, will conduct a free “Money and Credit Management” workshop Jan. 30, 1 - 4 p.m., Building 905, Room 127. A comprehensive workbook is pro-vided to all attendees. Information on credit management, debt reduction and consumer rights will be presented at this workshop. Assistance will be pro-vided in the development of budgets and savings plan so that financial goal may be realized. This workshop is open to all Team Robins members.

STREAMING VIDEO



ROBINS REPORT

News from around the base –Watson and Cox Channel 15
Friday – 8 p.m.
Sunday – 1:30 p.m.
Monday – noon

CHAPEL SERVICES

Catholic Masses are celebrated at the chapel each Saturday at 5:30 p.m., Sunday at 9:30 a.m., and on Holy Days of Obligation at noon and 5 p.m. and Monday through Friday at noon. The Sacrament of Reconciliation is on Saturday from 4:30-5:15 p.m.

Protestant General Services take place every Sunday at 11 a.m. This

service includes some traditional and contemporary worship styles in music and in format.

Protestant Inspirational Services take place every Sunday at 8 a.m.

Protestant Contemporary Services take place 11 a.m. each Sunday at the Base Theater. This ser-vice is very informal, with a praise team assisting in singing and includes

SERVICES BRIEFS

CDC East and West 926-5805/3080

A pajama literacy day will be held at the Child Development Centers Jan. 30. Volunteers will read to children throughout the day. Children, teachers and volunteers may dress in their paja-mas for the day.

Civilian Recreation 922-4415

All kids will receive a prize when they purchase a playing card at Family Night Bingo Monday at the Smith Community Center. Doors open at 5 p.m., and games start at 6 p.m. Participants can play for prizes. Cost is \$3 per game pack, limit three packs per person.

Watch the movie “Grease” in the Smith Community Center ballroom Jan. 30 at 7 p.m. Moviegoers are invit-ed to bring lawn chairs and blankets to this free event. Concessions will be on sale. For more information, call Ms. Lynne Brackett at 922-4415.

Enlisted Club 926-4515

Super Bowl XXXVIII comes to the

club Feb. 1. Enjoy a dinner buffet, door prizes and many more surprises. Cost is free to members, \$5 for guests and nonmembers.

Family Child Care 926-6741

The new Family Child Care Subsidy program is underway and will offer parents the opportunity to pay their FCC provider what they would pay if they were able to use the Child Development Center. The amount of subsidy depends on provider license and parent income category. Only full-time care is subsidized. For more infor-mation about this and other FCC pro-grams, call 926-6741.

Information, Tickets and Travel 926-2945/0093

Explore and expand your horizons during ITT’s Travel Show March 10, 10:30 a.m. - 1:30 p.m., in the Smith Community Center ballroom, Building 767. Representatives from Walt Disney World, Universal Studios, Alpine Helen, Jekyll Island, Sea World, Busch Gardens, Lookout Mountain Hang

Black History Month events

February is the month in which Americans bear witness to the progress, richness, and diversity of African-American achievement.

The 2004 Black Heritage Observance Committee representatives invite every-one to the upcoming events the com-mittee has planned.

More information regarding these events can be obtained at www.robins.af.mil/blackhistory. All pro-ceeds will benefit The Black Heritage Observance Committee College Scholarship Fund.

Old School Dance, Saturday

The Old School Dance will be held Saturday, from 8 p.m. until 2 a.m. at the Robins Enlisted Club. Music, played by Roc Master D, will be comprised of favorite artists from the '60s through the urban hip-hop of today. Tickets are \$10 and proceeds will support the Black Heritage Observance Committee schol-arship fund in honor of Black History Month.

Golf Tournament, Jan. 30

Fore! The Black Heritage Observance Committee's Annual Golf Tournament will be held Friday at Pine Oaks Golf Course. Join us at 11:30 a.m. for lunch to be followed by a competitive round of golf.

Gospel Concert, Feb. 1

This Feb. 1 event will host a number of acts, including the Ultimate Choice, Men with Vision and the Middle Georgia Heritage Unity Choir, as well as praise dancers. It is scheduled to be held at the Base Chapel at 4 p.m.

MOVIE SCHEDULE

Friday 7:30 p.m. – Stuck on You – Damon and Greg Kinnear

Walt and Bob are conjoined twins, one of whom has dreams of making it big in Hollywood. When they arrive in town, they're cast on a TV show starring Cher. She's bummed about being relegated to TV until, that is, her show becomes a hit.

Rated PG-13 (crude and sexual humor, and some language) 119 minutes

Saturday 7:30 p.m. – The Last Samurai – Tom Cruise and Billy Connolly

Set in the late 1870s, this epic film depicts the beginnings of the modernization of Japan, as the island nation evolved past a feudal society, as symbolized by the eradication of the samurai way of life. We see all this happen from the point of view of an alcoholic Civil War veteran turned Winchester guns

spokesman, Capt. Woodrow Algren, who arrives in Japan to train the troops of the emperor, Meiji. When Algren is injured in combat and captured by the samurai, he learns about their warrior honor code, which forces him to decide which side of the con-flict he actually wants to be on.

Rated R (strong violence, battle sequences) 154 minutes



10 tips for sticking to fitness resolutions

By Ms. Courtney Campbell
5th Services Squadron

MINOT AIR FORCE BASE, N.D. (AFPN) – It happens every New Year. The gym fills up and aerobic classes overflow with new faces eager to make a change. Thousands of Americans will decide to get fit and lose weight, and what better time because the New Year is a time for new beginnings.

But by the time February rolls around, most of these New Year’s “resolutionaries” will give up and wait to try it again next year. Why does this happen to so many people every year? We are a society that demands instant gratification and results, but deciding to make fitness a part of a New Year’s resolution has to include a lifestyle change.

Sorry, but there are no short-term, get-fit-quick plans. Here are some tips to help you fight the urge to give up on this resolution.

First, change your attitude about fitness. All too often, people think of exercise as punishment – painful, time consuming and obligatory. If this is how you feel, you have already set yourself up for failure. Instead, think of it as a chance to unwind from a stressful day; a little time all to yourself and a way to improve your quality of life.

If you are a beginner, start small. Try walking for 30 minutes three or four times a week. Take the stairs instead of the elevator and park in the back row of the parking lot.

- 10 tips
1. Change your attitude about fitness.

2. Start small.

3. Get an exercise buddy.

4. Schedule your workouts.

5. Use the facilities you have around you.

6. Set attainable goals and write them in a journal.

7. Reward yourself after attaining a goal.

8. Avoid getting on the scale every day.

9. Work out whenever you have time.

10. Learn healthy eating habits.

Aerobic programs on many bases also offer a “getting started” class. Once you are ready to increase your fitness level and need more of a challenge, pick a sport or activity that piques your interest. Try a kickboxing class, use a rock climbing wall, or train for a five- or 10-kilometer run.

Choose an exercise buddy who will hold you accountable and help motivate and encourage you. If your buddy can’t make a workout session, you should still go. Stay the course and get your workout done. Experts say anything done for 21 days is habit forming and when done for six months, becomes part of your personality. And don’t forget, you will be motivating and encouraging your buddy at the same time.

Schedule your workouts as you would any other appointment and commit to them.

Make it a convenient time like when the kids have left for school or as soon as you get off work. If your job allows you time to work out during the day, take advantage of the time. You will go back to work feeling rejuvenated.

Use the facilities you have around you, like the base gym and its excellent equipment. There are always a variety of group fitness classes, including step aerobics, spinning, kickboxing, yoga and Pilates to pick from.

Set attainable goals for yourself and write them in a journal. Track your progress, workouts and meals in it. This gives you a visual record of your strengths and weaknesses and acts as a guide to show you where you need to work a little harder or make course corrections.

Reward yourself after attaining a goal. Buy a new pair of shoes for sticking to your first week of workouts, get a massage after you have lost your first 5 pounds, buy a new outfit for working up to 25 push-ups, take a vacation for dropping two clothing sizes. You deserve this.

If your goal is to lose weight, avoid getting on the scale day after day. Your weight fluctuates as much as eight pounds between morning and night. You may be retaining water or it may be that you have added on lean muscle mass, which weighs more than fat. Do an initial weigh in and taping, then repeat this every six weeks to check your progress. In between weigh-ins, depend

on the mirror and the way your clothes fit to see if you are making positive strides.

Be prepared to work out whenever you have time. Keep a gym bag packed and readily accessible so you don’t have to scramble before a workout. Pack your lunch to avoid the trip through the fast food drive through. If you get the munchies halfway though your day, load your office fridge with healthy snacks and water. Be prepared for minor setbacks that can hinder your workout and diet, like sickness or schedule changes. Make adjustments if you can, or simply pick back up where you left off.

Learn healthy eating habits. Eat at least five servings of fruits and vegetables and drink eight eight-ounce glasses of water a day. Switch to whole wheat and whole grain breads, rice and pasta. Also, eating a variety of healthy, natural foods helps the body to recover from workouts faster and allows you to train harder. Don’t skip meals. It can slow your metabolism and hinder weight loss. Health and Wellness Centers have pamphlets on healthy eating.

Now it is up to you. Go check out what the gym has to offer, pick a couple of group fitness classes to participate in and stock your cabinets and refrigerator with healthy food choices. Don’t be afraid to ask questions. If you are unsure about exercises or machines at the gym ask the staff for help. If you are not sure which aerobic class is for you, ask an instructor.

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SPORTS BRIEFS

Bowling Center 926-2112
A pee wee bumper league will start Feb. 28. Cost is \$22.50 per person for 10 weeks. Register is Feb. 21. For more information, call 926-2112.

Fitness Center 926-2128
The 2004 Winter Sports Day will be Jan. 30. Events include swimming, table tennis, racquetball, walleyball, obstacle course, three-on-three basketball and a push, pull and dip competition.

ITT 926-2945
The Macon Trax hockey team will play against Jacksonville today and Saturday at 7:35 p.m. Cost is \$6 for upper seats, \$9 for lower seats and \$12 for glass seats.

Paintball tournament
There will be a paintball elimination tournament Feb. 21 at the Robins paintball field behind Pave Paws. Cost is \$100 per six member team and includes all equipment and 2,400 paintballs per person. The tournament is open to all base personnel, active duty, DoD civilians, family members and retirees. For more information call Equipment Rental at 926-4001 or e-mail derek.glisson@robins.af.mil.

Youth Center 926-2110
Robins Youth Center Soccer registration will be held Saturday through Jan. 31. Cost for returning players is \$30 and for new players \$55. Registration is conducted Monday through Friday, 3 - 6 p.m., and

Saturday, 10 a.m. - 6 p.m. For more information call the center.

Robins Youth Center will be conducting baseball, softball, T-ball and micro T-ball registrations Feb. 21 - 28. For more information call Ron Hayes at the center.

Varsity basketball action times

Maxwell vs. Robins
Saturday
Women – 3 p.m.
Men – 5 p.m.

Sunday
Women – 10 a.m.
Men – noon

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